

**Abstract**

A method (200) or (300) and system (100) of performing a trick mode on a video signal. The method includes the steps of receiving (212) a trick mode command, searching (214) for a picture in the video signal compatible with the trick mode, and initiating (216) the trick mode once the compatible picture is located. The compatible picture can be an intra or a predictive picture. The trick mode can be a freeze trick mode, and the method can further include the step of repeating the compatible picture for the duration of the trick mode to form a trick mode signal. The repeating step can further include the step of repeating the compatible picture for the duration of the trick mode by inserting (218) into the video signal dummy pictures predicted from the compatible picture to form the trick mode video signal. The dummy pictures can be dummy predictive pictures.